

~~SECRET~~ ~~SECRET~~

REPORT

CD NO.

CD NO.

DATE OF INFORMATION 1949

DATE DIST. 25 Oct 1949

NO. OF PAGES 3

SUPPLEMENT TO
REPORT NO.

SUPPLEMENT TO
REPORT NO.

THIS IS UNEVALUATED INFORMATION

SLEEP THERAPY FOR INTERNAL DISEASES

Many of the Soviet publications have made reference to this new therapeutic method. Actually, there is nothing new about this method, since it can be associated with the work of I. P. Pavlov. The therapy, which is now being utilized at the Institute of Surgery, Academy of Medical Sciences USSR, and at clinics of the Voronezh, Sverdlovsk, and other hospitals, is based on Pavlov's theory that there is a direct relationship between the brain and all the organs of a human (or animal) body. Pavlov has established beyond all doubt that there exists a direct relationship between the central nervous system and the visceral processes, and proved that under normal conditions the visceral processes react with mathematical regularity to psychic stimulus.

All external influences act on internal organs through the cortex and sub-cortical regions. This is known as a fundamental psychosomatic (cortico-visceral) action and is the basis of the more complex psychosomatic processes.

Several years after Pavlov's revelation, Academician K. M. Bykov established that the above-named processes are characteristic in all internal organs and processes. He suggested that cortical impulses could even change the course of sympathetic reflexes. At this point it might be interesting to note that one of the basic properties of cerebral nerve cells is their ability to "remember" stimuli which are separated by long intervals of time. It follows, therefore, that any disease, which once has established a certain complex creates or "fixes" a certain new pathological integrated relationship between the cerebrum and the diseased internal organ. Therefore, any successful pathogenic therapy must destroy this "fixed" cerebral pathologic complex.

SECRET

- 1 -

SECRET

[illegible]

SECRET SECRET

50X1-HUM

A disease can be considered the result of a long series of various pathological processes. Many psychiatrists (A. S. Shmar'yan, G. Ye. Sukhareva, and others) claim that the primary pathologic processes can be inhibited so that there is no manifestation of symptoms. One might also investigate the so-called syntropy and psychosomatic "balancing" which was suggested by Ye. K. Kraenushkin, V. A. Gilyarovskiy, I. G. Ravkin and others. The above clinical data present a definite relationship between schizophrenia and tuberculosis, circulatory psychosis, and degeneration of the cardiovascular system. They also proved the existence of dystropy (lack of relationship) between cancer and epilepsy, positive syntropy of the circulatory psychosis and cancer, and the balancing of amnesia and somatic phenomena brought about by intoxication.

When the theory of the cerebral origin of diseases of internal organs was first promulgated it assumed the aspects of a very complex problem. It further can be assumed that the effectiveness of prolonged sleep is one of the first positive indications of the cerebrogenous nature of many diseases of internal organs. For example, there is the problem of the degeneration of coordination in the cortical-subcortical relationship. Thus if the organizational and related functions of the human brain are recognized, it must be accepted that somatic processes are governed by the brain, and that degeneration of the function of the brain may result from somatic disturbances, and that pathologic processes which occur in the periphery affect the brain. No attempt is made to exclude the regularities of the development and course of local processes, which are considered nothing more than outer manifestations of the cerebro-somatic processes of the whole body.

Pavlov was the first to suggest the healing effect of sleep-induced inhibition in the process of restoring the central nervous system to normal, and recommended the use of sleep therapy in some cases of psychosis.

Modern scientists, utilizing the theory of intercerebral pathogenic mechanisms of somatic diseases, ascertained that it was best to use soporifics since these act on the cortex and the subcortex. Generally, to achieve a soporific effect in the cortical region, doctors used chloral hydrate (1.5 grams per 24 hours). Sodium amital barbiturates (barbamil) and, in rare cases, luminol (1.5 to 2.0 grams per 24 hours) were used to produce a narcotic state of the subcortical region. In this manner it was possible to inhibit the emotion-vegetative function which originates in the subcortical region.

Professors F. A. Andreyev and A. A. Vishnevskiy conducted experiments over a period of 5 years to determine the best methods for administering this sleep therapy. They stressed that the purpose of this treatment is merely to produce sleep and not narcosis. Thus the patient is able to make full use of his reaction to pain and noise. Patients undergoing this sleep therapy usually have a deep, quiet sleep, very similar to natural sleep, and it lasts from 20 to 22 hours every 24-hour period. The doses of soporifics are gradually decreased over the course of the treatment, which usually takes from 15 to 20 days.

After the treatment is completed the patient is submitted to complete laboratory, X-ray, and clinical tests and is then placed in a quiet, darkened room where he is kept under constant observation. He is fed at regular intervals. Special diets are prescribed for those with ulcers. Many of the patients are given diets which include easily digestible food because, during sleep, the motor and secretory functions of the gastrointestinal tract are inhibited. It was noted that during the intervals between sleep, patients showed increased appetites, and demonstrated a state of euphoria. It might be noted that while ulcer patients were asleep there was no hemorrhage and no perforation of the ulcers, in spite of the fact that many of the patients were in very serious condition.

Some cases indicated tachycardia in the course of this sleep therapy. It is essential to keep in mind at all times that continual observation of the

- 2 -

SECRET SECRET

SECRET

SECRET

50X1-HUM

patient must be made for possible collapse (this has occurred in less than 0.1 percent of the cases). Cardiosol has proven most effective in cases where it is necessary to interrupt the sleep.

Most of the cases that had undergone sleep therapy were ulcer cases. However sleep has been used also in treating other diseases such as causalgia and psychosomatic diseases. Sleep therapy proved effective in treating neurodermitis as well as all types of neuropathy affecting the various organs of the body. In 1943 an attempt was made to treat hypertonia cases with sleep. This attempt proved that noticeable and beneficial results can be obtained in the early stages. The advanced cases indicated noticeable decrease in the blood pressure during the sleep, but this returned to previous unnatural levels subsequent to the sleep.

The theory of sleep therapy is still new and has many points which require more study. Nevertheless, its benefits will stand as a fitting memorial to its discoverer, I. P. Pavlov.

- E N D -

SECRET

- 3 -

SECRET